

Cheating on my wife

Posted by Lostjew85 - 17 Jul 2014 15:01

My addiction started as a young teen materbating. Then on night after watching a movie with graphic seems I ran to a hotel that had prostitutes. I slep with a prostitute and from then on I waisted loads of money on these prostitutes for many months. I felt terrible that my firs sexual interaction was a prostitute. I still fe bad about it. I grew up a bit and baisicly kept masterbating but cut out prostitutes. Then I got married... We had some Shlomo bayt issues. My wife was always angry with me and did not want to have sex when I wanted. I always tried to talk things true but there was a lot of anger. At that point I started masterbating again thinking that I will Controll my sex life not my wife. This spirolled in to more resentment and eventually I started looking a prostitutes again. I the fell in to the trap and slept with a prostitute. I felt terrible... And made a shevua NEVER again. It's been 3 years now and BH that part never happened again. Close but not again. Things got better at home. However when my wife gets angry with me I feel a good outlet by looking at porn and materbating. Of course I regret it a minute later. I can go 3-4 months clean but then I fall again. I'm very sad about my past I feel like a cheat... I'm also depressed that i can't get out of my situation of looking a t porn. And the biggest problem I'm having latly is other woman that I talk to NOT JEWISH! About my situation at home when it goes bad then they offer sex. I always say no but I was very close to getting in to bed many times. Help h very lost Jewish sol. I'm in tears very far away from Hashem. Hope you can understand the post as my thoughts are not organized

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Re: Cheating on my wife

Posted by gibbor120 - 28 Jun 2016 14:44

I'm sorry that I'm not following. Did you just recently tell your wife? Did she just find out? Did she find out a while ago, but now she is mad because you cheated again? What happened between February and now? When did you have "full disclosure"? How did you decide that it was a wise thing to do?

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Re: Cheating on my wife

Posted by Lostjew85 - 28 Jun 2016 23:22

I haven't been on GYE since 2014. I felt trapped in a sense beacause I didn't want to disclose to my wife and she didn't think I need to work on anything in therapy. Therefore I was stuck... In

February 2016 I cheated on my wife again... I felt so much pain that I didn't care what my wife would say about therapy I was going to get help. So I went to a therapist and a short time after that my wife confronted me about it and I admitted to her that I had a lust addiction and that I've joined SA. She was quite and nice to me for several weeks after this, she even said That had she known in 2014 she would have agreed for me to go get help. But.... We still didn't have full disclosure. She asked me a few times what have I don... And I answered based in the advice from both therapist and SA fellows that I'm not in a healthy place to discuss it at the moment... I would need longer sobriety to give a disclosure. Around the time I had 90 days my wife kept pushing for disclosure and I said it can be done in the presence of my therapist. That offer angered her very much. She said its between me and her NOT a third party and she wants to hear it from me only and no moderator. I tried to explain with help from my therapist that it's really going to be a full disclosure but in presence of a professional it would be sure that the whole truth was said nothing omitted and afterward some direction on how to process and proceed. That didn't work too she just kept angry. A day or so later she calmed down from her anger and asked nicely and patiently to open up to her alone she was hurting and was really expecting me to disclose everything. Again I followed professional guidance and did not disclose. The next day she asked for divorce and for me to move out. I agreed to separate because she was being hostile against me and I was reacting on a bad way to that. I came home to get my things and tell my kids and she called me to the side and said to stay and not leave in a shock to the kids but rather prep them before just leaving. That night we had a long discussion... I felt like she was really hurting so I gave her full disclosure... I'll continue next post

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Re: Cheating on my wife

Posted by cordnoy - 29 Jun 2016 08:25

Our tefillos are with you.

It should all be with hatzlachah.

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Re: Cheating on my wife

Posted by OTR - 30 Jun 2016 16:39

WOw LJ this is some rough story you have. Congratulations that you went for therapy. In the little that can be gleaned about the entire situation from your writing, it's clear you are both suffering. From the way it sounds, I get the impression that your wife also needs therapy to help her function in the marriage and that this is separate, although exasperated, by your addictive tendencies.

I think you made the right decision to go for help on your own. Married or divorced, being an addict sucks as you know. While the bad marriage may be a trigger, it is something that is within your power to overcome. Flxing your marriage entirely, if indeed your wife has real problems on her side however, is NOT entirely in your control. It would require BOTH of you. If she is not there yet, then at least you can do your part. You will only gain by doing so and not lose.

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Re: Cheating on my wife

Posted by Lostjew85 - 06 Jul 2016 23:53

Thanks for all the wonderful support. I'm geting so much out of the responses and posts of others here on GYE. A great full mined dose not act out!

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